



January Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
 Every Tuesday Night Pizza (and sides), 5:30 p.m. \$5 per person			1 Closed Enjoy the Holiday
5 Meatloaf Mashed potatoes Steamed Carrots Applesauce Fresh Orange Wedges	6 Hot Sliced Turkey Sweet Potatoes Peas Applesauce	7 Split Pea Soup Egg Salad Cold Plate Fresh Spinach Potato Salad Pineapple Tidbits	8 Breakfast for Lunch with Nurse Steve 
12 Chicken Stew with Peas & Carrots Biscuit Brown Rice Fresh Orange	13 Meatballs & Rigatoni In Tomato Sauce Fresh Tossed Salad Fresh Apple Slices	14 Roast Beef/Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail	15 Chef's Choice 
19 Closed Enjoy the Holiday	20 Chicken Breast with Gravy Brown Rice Pilaf Sliced Cucumbers & Tomatoes Cinnamon Apples	21 Beef Stew with Mixed Vegetables Mashed Potatoes Fruit Cocktail Citrus Cup	22 Fried Chicken Lunch Fried Chicken Mashed Potatoes Steamed Broccoli Dinner Roll Apple Pie
26 Pasta Jambalaya with Chicken, Beef & Shrimp Broccoli Salad Fruit Cocktail	27 Baked Potato Tossed Salad Chili con Carne Shredded Cheddar Cheese Applesauce	28 Lemon Garlic Chicken Maple Glazed Carrots Pasta Salad Applesauce	29 The Department of Aging Offices and Senior Centers are closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.